Roy Wietz

The National Collegiate Track Coaches Association

NOTES

of the

SIXTEENTH ANNUAL MEETING

UNIVERSITY OF NEBRASKA
LINCOLN, NEBRASKA

June 11, 1942

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SIXTEENTH ANNUAL MEETING
of the
National Collegiate Track Coaches Association
June 11, 1942

The annual meeting of the National Collegiate Track Coaches Association, held at the University of Nebraska; Mr. Wilbur Hutsell, Alabama Polytechnic Institute, presiding.

PRESIDENT HUTSELL: We are under great obligation to the University of Nebraska for having invited the N.C.A.A. to hold its annual Track and Field championships in Lincoln. Having already seen the excellent condition of the track and the list of entries I'm sure we will have a very fine meet. The large number of entries is a direct tribute to the effort of college administrators to keep competitive athletics normal.

In arranging the program for our annual N.C.T.C.A. clinic we have tried to combine the successful features of former years. At Palo Alto last year outstanding performers were featured, and it was a huge success.

WILBUR HUTSELL

For this morning's program we will have two of this year's outstanding athletes discuss the technique of their events. Harold Hunt of the University of Nebraska is the defending champion in the pole vault, and Robert Biles of the University of California is undefeated in the javelin. There must be a reason for their success, and they have very kindly consented to "let down their hair" for a detailed discussion of their respective events.

Following their talks will be a report of much interest and importance to all of us. As Track Coaches we are greatly concerned as to how we can maintain Track during the next year, taking into consideration larger groups, and a general improvement in the physical efficiency of the student bodies of our respective institutions. The Bureau of Aeronautics of the Navy Department has made an intensive study of this phase of training, and has sent their expert, Lieutenant Commander Snyder—Larry to us—to explain the part track plays in their training.

The first event this morning is the pole vault, and I would like Coach Ed Weir to introduce the first speaker, Harold Hunt.

ED WEIR (Nebraska): Harold was a good high school vaulter before he even decided to come to the University of Nebraska. During his last three years in high school he improved about five inches per year and has maintained that improvement so far through his college career. This year he still has a little bit to go if he stays with that. For this last year, however, he has been very consistent.

On Saturday afternoon when the points count, some of the boys do not do as well as they do on Wednesday when it does not matter about the points. It is the other way with Harold. When he is in competition, he does better. He has made over fourteen feet, five times, and has been able to nick off several of the meet records. I think he has to his credit three Indoor Conference Marks. He is not like a lot of vaulters, in the fact that he didn't have all the natural ability that some of them have. To start with, he lacked speed on the runway. All of you know that most of that speed, while you can help a boy smooth up that ability, it is born within him. He worked hard to build himself up where he felt he was weak. He did a lot of running, particularly over low hurdles.

He's been a real student throughout the time

he has been here at Nebraska. He has gone a long way to help me with the younger boys. At times like these when we are short of help, it means a lot to have some of the older boys take a hand, because they can be a real help with the younger boys.

Without taking any more time I'll turn it over to Harold to tell you of anything that he has experienced.

THE POLE VAULT

HAROLD HUNT (Nebraska '42): I am very elated because of the fact that I am to speak to the coaches this morning and to tell them of the last six or seven years of my experience in pole vaulting. If there are any questions I'll be glad to answer them. At any time please feel free to ask any questions.

First, I would like to say that there are three types of pole vaulting as you all well know: the single action pole vault, the double action pole vault, and the third type, that which Warmerdam uses. He has mastered the skill on the pole and, of course, every vaulter's ambition is to do as Warmerdam has, and I think in time to come that more vaulters will be doing fifteen feet with modified pole vaulting form. Since there are not so many high school coaches here, I do not feel that it is necessary to say anything about beginning pole vaulters. It do not think a college coach has much luck in picking up a freshman who has had no previous experience, because nine times out of ten he will never be a good pole vaulter. I started vaulting when I was seven years old and since that time I have never missed a year. I think the main reason I continued vaulting was because I had developed it in my younger days. In high school, I was very different in pole vaulting than the boys most of you have now. The first time I ran in high school, I was very slow. My time for the 100 was 11.2 which is not considered fast. Since I was so slow on the runway, I had to use a lower grip on the pole than I would have otherwise.

Dean Cromwell emphasizes the take-off more than anything else. If your take-off is incorrect nothing in the pole vault will be right. However, I think I'll start my description at the beginning of the run and continue in order on through. Generally most pole vaulters need to have a long runway and Warmerdam has certainly proven this theory. I use a 130 foot runway and with this longer run I seem to get better momentum for my vault. I should say that even in high school a vaulter should have at least a 100-foot runway and probably a 125-foot for college vaulters. I don't think that over two check marks are necessary on the runway for any vaulter to achieve an accurate step all the way in his vault. On the runway you should be facing straight ahead and not with the shoulders hunched to either side. There are two different types of grips on the pole. Guinn Smith of California uses the longer type and has been very successful with it. I use the shorter grip.

On starting down the run the vaulter should be completely relaxed. Coming down the runway you should use smooth, even strides. The vaulter should check his marks very carefully on the runway. After the vaulter has checked his second mark, he must concentrate on planting the pole and getting ready for the take-off. As you come in for the take-off the pole is lowered gradually until it meets the box. The lower hand is shifted up to meet the top hand, and the vaulter gets himself set for the take-off. The last two or three strides must be shortened slightly in order for the vaulter to get his body gathered for the vault. This tends to give sufficient time to straighten the body for the take-off and makes it much smoother, because one's body is directly underneath the arms, with the result that the body is under control. If the stride is lengthened, the body will either be too far underneath or too far back. When taking off after you have your pole planted, your right hand should be just above the left heel, if you are a right handed vaulter. A poor take-off may mean that you are in too close; you'll probably have a jerk in your vault and rub the pole too much while going up, which tends to throw the body too far off to the side and which draws you away from the pole. If you are too far back, you are compelled to give a hop that jars your vault and does not produce the smooth rhythm that is necessary in order to make a long swing that takes you over the bar. If you get a nice, smooth take-off, you will as a general rule have a good pendulum swing continuing all the way up; your body will swing evenly.

The action of your right leg is very important in starting off, first to shoot your body up and second to get your left leg off the ground. I would say that the take-off and the long pendulum swing are the two most important things in the pole vault. After one gets a long pendulum swing on the pole, I think it is necessary to bring the hip action in, that is doubling up in the jack knife single action. Dick Ganslen, in the N.C.A.A. in 1939, used the single action vault effectively, because he had a lot of speed. As a general rule, I would say that a lot of speed is necessary in the single action vault. In the double action vault, as you go up, you make a good bend at the hips so that you can make a handstand on the pole and I think the closer (to the bar) the handstand one makes the better the vault, because of the fact that you can work from the top hand and get a better push off. For pushing on over the bar, most vaulters loosen their left hand first, the bottom hand, bringing their right leg, or both legs down at the same time. This gives the jackknife as they push away from the pole.

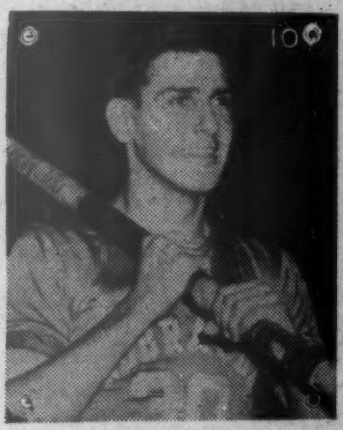
I might add that by pushing your pole back and throwing your arms over your head, with the right hand leading, you can clear additional height. I think a lot of trouble comes from not getting a good shove off from the pole. Back in Chicago I watched Warmerdam vault, and I noticed particularly his wonderful push-away from the pole which gives him an extra foot on his vault. As a general rule all of us get our hips over the bar, but we don't get our arms and shoulders over; this is something all coaches should develop in young vaulters. Coming down, I would say, is the last thing for a vaulter to worry about, as he will find his own easiest way to land according to his natural tendencies.

I think year around training in the pole vault is more necessary than any other event in track; it is essential. Another thing that I found very good in working out is rope climbing. I climbed the rope every night of the week, except the last two nights before the meet on Saturday, when I generally lay off, as it takes too much strength. Many vaulters probably vault too much after the season is under way. I think once a week in practice is essential for a well-rounded program. On Monday night I do calisthenics and run one or two flights of 120 yard low hurdles, and then finish up with push ups and some additional climbing of the rope; Tuesday night I do the vaulting that I am going to do, perhaps 12' 6" and on up to 13' 6" depending upon the shape I am in. I think you should try the higher heights to get used to the difference in higher heights of vaulting, because of the fact it takes extra delayed action from a thirteen to a fourteen foot vault. High jump and pole vault are two things that leave track and fieldmen in a sort of cramped style. I might make a good jump at 13' 6" that looks good enough for 14 feet but it doesn't count as 14 feet, but if a javelin or discus thrower makes a good throw it does count. I think it leaves a psychological effect on most pole vaulters, because they think fourteen feet is so much higher than 13' 6". They were probably clearing 14 feet when they were vaulting at 13' 6". I know I had trouble to get over 14 feet. My first time I thought it was only 13' 9" and cleared it with relative ease; after that I didn't have as much trouble clearing 14 feet.

Have you any questions that you wish to ask?

MIKE RYAN (Idaho): When you go into the take-off, where should the pole be at the point of the shift?

MR. HUNT: The pole should be lower, definitely lower. There are two different shifts you



HAROLD HUNT

can make. Yale teaches the underhand shift; others the overhand. Your pole definitely should not be very high at that time. It should be low all the way down the runway. By the time you are ready to make the shift you should have the end of the pole about nine inches above the ground and your take-off will be smoother.

QUESTION: How do you get it lower, by each step or suddenly?

MR. HUNT: The pole should be lowered gradually from the middle of the runway. I never carry the end of the pole higher than the level of my eyes and generally a little lower than that. Most vaulters carry the pole too high to start with. If you do not get it planted on time it tends to give a jerky take-off. The whole vault depends upon the plant of the pole and the take-off. Each boy should work this out for himself just by practice. I think the best thing to do is to have the coach off to the side about 20 or 30 yards watching the boy take-off and correcting his method of lowering the pole. If the coach will work with the boy, they will have little trouble working it out. I would say practice in planting the pole, making the shift, bringing the arms up and extending them over the head and then run on through letting the pole drop. Making fifteen or twenty vaults in one night takes a lot of energy.

CLYDE LITTLEFIELD (Texas): How far should you bring your left hand up in making the shift?

MR. HUNT: The farther the better, because of the fact that you will get more coordination if both hands are pulling together. It stands to reason that you will get better results with them next to each other. However, it is not necessary to have them touch. I think two inches apart will give the best pull, and as it is a bit harder to get them completely together it is much easier to get a good pull with your left hand and arm. If the arms aren't completely extended you will lose control of your body. It is essential, too, to hang close to the pole, otherwise you will lose control of the body and you will not be able to continue a good vault.

MR. HUTSELL: Where do you start your hand shift?

MR. HUNT: The shift starts in the last four strides, and the last three strides should be cut, all the way from six to nine inches each. The next to last one, six inches shorter than the one before and the final stride seven or eight inches shorter. I think the shift should come in then, gather your body and get everything into coordination —the better the shift, the better your vault.

KEN DOHERTY (Michigan): Do you ever try to cut your stride?

MR. HUNT: Yes, your stride will cut naturally, because you will gather your body to make the vault. The stride is more natural than anything else. However, some vaulters try to cut these strides and by doing so get completely out of control, but generally they will get the shift in four strides.

On your left foot, next to the last stride, your pole should be straight forward as it has a natural tendency to become more straight up. If you do not straighten the pole you will lose control of the pole, and it will swing to the side when you start out in the last two strides. The pole will then come in, and be a definite disadvantage to the vaulter—not enabling him to get away from the pole.

QUESTION: Do vaulters "feel" their way into a vault when coming down the runway?

MR. HUNT: Yes, I think most all vaulters do. After the season has progressed a little, a vaulter can always "feel" whether or not his vaults are satisfactory or not. If you feel that your vaults are good, it will give you added confidence. If you don't feel that your vaults are coming all right, it is time that outside help is given by the coach.

MR. DOHERTY: At what heights do you ordinarily practice and how much time do you spend?

MR. HUNT: I practice on Tuesday at 12' 0" or 12 feet. As the season progresses I move up to 13' 6" or 13' 9". Then after the season is half over I seldom vault at more than 13' 3". I have never tried 14 feet in practice, but I think that I should have, a few times. With school, work and everything it takes so much strength on Tuesday and Wednesday that you don't have enough left on Saturday. Competition makes every vaulter do better.

GEORGE RIDER (Miami): Would you say that your work-out ought to be up to six inches from the top height?

MR. HUNT: Yes, I think so once in a while. The purpose of this is to get yourself used to delayed action on top, because of the fact as you

go from 13 feet to 14 feet your pull has to come later and your timing is different. The vaulter will have to adjust the bar back from the perpendicular of the box according to his own vault and according to the height of the bar. I would say anything from ten to eighteen inches back from the edge of the box. This will give the vaulter more time to work on top of the pole.

MR. RYAN: You seem to have school as your big work-out, therefore, in a good competitive season as you had this year, you take quite a beating on Saturday and have a long drawn out day. Do you think a fellow could be recovered on Tuesday? Why do you take Tuesday rather than Wednesday for extended practice?

MR. HUNT: I think Tuesday is the best day for several reasons. Sunday you don't work out at all, and on Monday your work out consists of calisthenics, of jogging and loosening up, and some other exercises on the parallel bars. An athlete should come back all right by Tuesday, if he gets plenty of rest at night. You can't vault on Saturday afternoon and go to a dance on Saturday night and expect to be full of energy the next Monday. Consistency in bed-time hours as well as meals will work out very well. Tuesday practice will work out a lot better for vaulting. I think it natural that you are going to be stiff on Monday. If you are stiff on Monday night have the trainer give you a rub down.

MR. RYAN: Have you any objections on making Wednesday the day instead of Tuesday?

MR. HUNT: It should be Tuesday. When there is a lot of time it takes much more out of you and by working-out on Tuesday it leaves you four days before vaulting on Saturday.

MR. HUTSELL: What kind of work do you have on Wednesday and Thursday?

MR. HUNT: I do calisthenics for 15 or 20 minutes, sitting and standing exercises and bar work and then a 60 or 100-yard low hurdle race, with a finish-up by running 100 yards or something similar. Working with someone else seems to help me here. By all means "the old stand by," climbing a rope once or even twice, and also other exercises on the bar should be done. A long rope hanging from the ceiling can be used as a pole to get the same effect without all the running. This is a very good exercise on Wednesday.

MR. RYAN: I have noticed with the bar fairly high that some vaulters have a tendency to cross themselves over almost parallel with the bar. Why is that caused and how is it remedied?

MR. HUNT: This is caused from the take-off mostly, because the vaulter is not perpendicular with the ground, and his body gets away from the pole. Once you get away from the pole the vaulter will lose control of his vault. I think your right-left scissor action, that you get on the way up will give you good action on top and keep you from turning sideways. When you lose control of the pole and get away from it, you do not have anything to balance you. If you hang too close to the pole, you will rub the pole with your chest, but this is better than getting too far away from it.

GEORGE BRETNALL (Iowa State): Is that ever caused partly by the left hand?

MR. HUNT: Yes, if your left hand doesn't get up close, you have a tendency to swing straight into the pole with the body. If it does you should not have much trouble clearing the bar. Are there any more questions on pole vaulting?

PRESIDENT HUTSELL: Do any of you have any more questions on pole vaulting? Harold, we thank you for coming up this morning.

The next event that we will discuss is the javelin throw and there is no one better qualified to talk than Bob Biles. He has been very successful this year and last year, and I would like for Brutus Hamilton, his coach, to introduce Bob and tell us something about him.

BRUTUS HAMILTON (California): Gentlemen, we are about to talk about throwing the javelin. I might make a preliminiary remark or so about javelin throwing. Aside from the necessary physical requirments, one has to maintain and sustain a long period of effort and apprenticeship in order to learn to throw the spear or javelin. We have a number of good javelin throwers and almost without exception they have been good students in Science and Engineering—those fellows who stay everlastingly at something until they get it done. They study, work, throw,

study, work and throw some more. Bob Biles is an honor student, as was his brother Martin Biles, who last year was the College's National Champion. Bob is what an Eastern College President referred to as one of our bronze California giants. He has marks of better than 50 feet for the shot put, 145 feet for the discus, and 220 feet for the javelin; and yet he has never been able to reach the heavy-weight class. He only weighs 168 pounds and probably went farther, per cubic inch, than anyone who ever lived. Well, Bob, I turn it over to you to give them a short course in javelin throwing.

THE JAVELIN THROW

BOB BILES (California '42): Well, gentlemen, most of you are coaches who inherit a lot of problems and get many high school students who never saw a javelin. Some of you don't have the job of teaching the javelin.

I would like to start off with a little bit of training technique. I think two weeks of gymnastic work and arm and back exercises are essential before ever thorwing the javelin. I, also, use a rubber sponge for several weeks before. I squeeze it as tight as possible. I do this to build up my forearm and finger muscles. Many men have had sore arms, "glass arms," as we call them, joint trouble in the elbow, and that can be eliminated by pressing the sponge. (Demstrates). Many good exercises are found in the gymnastic room doing kips on the bar, hanging on rings, swinging on ropes and hanging full length and swinging the body around. Doing this you pull on the back muscles. Walking on the hands is good. Almost anything you do in the tumbling room is a good exercise. Upon hitting the track, the first week or so should be the handling of the javelin, making short throws and working on steps and running. The American Style is used by a number of throwers and there have been some good ones, but I use the Finnish Style. I don't think there is any comparison between the two.

The runway should be one hundred or one hundred ten feet. Just as in pole vaulting it is a considerable help to get a smooth, even run built up before you get to the take-off. You use two check marks, one just before you hit an even stride and another thirty feet from the throwing line. The last check mark starts the first important step of the Finnish Style. It is kind of hard to demonstrate the Finnish Style. I might explain that on the last check mark the left foot is straight ahead, and on the last step the right foot is planted perpendicular to the runway. Between these steps there is a turning of the body to get into the throwing position.

MR. BRETNALL: How far is your left foot from the throw line?

MR. BILES: Well, mine is about three feet. In the American Style you take a hop and you are not planted well, and are throwing with a reverse and you cover six to eight feet, while in the Finnish Style you plant your feet with all the throw in here—hips and waist, come up on the left foot and have only a few feet to stop short. (Demonstrates). From my experience on the track, I advocate a lot of sprinting and especially starting. You can visualize how hard it is to stop when running at near maximum speed, and then turn while running. There is lots of exertion on the leg muscles. Starting builds that up and is a lot of help. Quite a bit of sprinting is another asset. I believe shot putting is a help, mainly in helping to get hips into the throw. In the shot put it helps a lot to have the back knee bent. This action is much like the javelin; you have to start with the hips.

In the handling of the javelin, many men don't get the arm motion right. You will then have men throwing with stiff arms. (Demonstrates—pulling with the arm too low to the side). The other extreme is with the arm above the head. I have studied lots of pictures of Jarvinen and Mikkola and it is sort of a happy medium. (Demonstrates—the elbow just about even with the shoulder, the arm forming a right angle). The javelin should be near the head for a proper throw.

TUG WILSON (Northwestern): Do you ever get awful sore elbows from throwing it?

MR. BILES: I have had a little trouble, last year and this, but never enough to stop me from throwing. I was very sorry to see the Big Ten rule the javelin out. The reason, as far as I have read, was that there were too many injuries. I think these can be avoided by proper training.

You can get yourself built up by indoor workouts; then you can throw the javelin hard the first day and not injure yourself. I had a little back trouble, too, early in November, but it was not caused by throwing the javelin.

MR. RYAN: Do you throw all three weights? What is your experience in working with all three weights? The reason I ask, I had a boy just about your build, who was every efficient in all three weights. When we came down to the big meets, and he threw the discus first, he always seemed to drop off in the javelin. It seems to work best when he lets the heavy weights alone and just works with the javelin. Should he let the heavy weights alone and just work with the javelin? Have you any ideas on this and how it can be remedied and worked out?

MR. BILES: I throw the weights along with working on the javelin. Brutus and I used to think that I couldn't throw the javelin as well

Bob Biles

after throwing the others. I tried once and did pretty well. I have made a number of throws of the weights before the javelin, and have improved. Personally I see no harm in it if you are in good shape and can throw the javelin and practice all three of them during the week. I see no harm in it at all.

MR. RYAN: You don't think that by laying off the discus and shot that you can improve the javelin?

MR. BILES: No, but you can spend more time on it.

MR. RYAN: Can you improve in the discus?

MR. BILES: I have often wished I could concentrate on the javelin alone, but I like the other events and can't let them alone. Yes, you can improve the discus by continuous practice. I believe concentration on one event will get you greater results in the long run.

MR. HUTSELL: How about demonstrating this grip you use.

MR. BILES: The best way is to extend the arm back into its natural position (at the side and to the rear). You get a bigger pull from these fingers here (Middle fingers). In this position (hand above shoulder) your hand doesn't change. (Demonstrates). You come up here—your release is from these two middle fingers here. (Demonstrates).

MR. HUTSELL: When you use the over-hand throw, when does the backward extension occur in the form you described?

MR. BILES: I neglected to explain that. When running down the runway the Finns carry the javelin above the shoulder with the point slightly downward. I think I carry it more or less horizontal. Your arms are in coordination with the legs for your last check mark. (Demonstrates). Here you are in a position to throw.

MR. RIDER: Will you go through that again?

MR. BILES: My first check mark is thirty feet from the throw line. Speed depends on the length of leg or stride. This is your check mark—your left foot is straight ahead, comes down, and next the right foot points slightly out (to right). The shoulders too should be turned slightly to the right. The idea is to get your body turned perpendicular to the runway and still maintain as much speed as possible. Turn the shoulders slightly to the right. By the time you reach the second mark you are ready to throw, with your hips and your arm coming up over.

MR. RYAN: When you are in position to throw are you facing at right angles to the way you are going to throw or are you facing the throw?

MR. BILES: No, your right foot is at a right angle. You are almost facing in the direction of the throw. (Demonstrates).

QUESTION: With the left foot pointing straight ahead, what is the position of the body when the throw is started?

MR. BILES: The hips are almost straight forward (Demonstrates—arms parallel with runway).

MR. WEIR: Do you ever use a count, like a

check count? 1-2-3-4-5 or something like that, starting with the left foot.

MR. BILES: Yes, these refer to the right number of strides. (Demonstrates).

HARRY ADAMS (Montana): Do you use the short step?

MR. BILES: Well, yes, you'll have some trouble with this. It depends on the person. My brother used the short step, more or less, to carry his weight over. I have seen fellows run with the left foot just touching the ground. Some javelin throwers use that. I think the advantage is in a light step on the left foot. Some men, depending on physical ability can't do the same things as other men.

MR. BRETNALL: Have you paid any attention to just when you turn the left foot forward? Do you bring it forward on the last step?

MR. BILES: No, I think it starts just before the foot hits the ground. I can't tell. Seeing motion pictures would show you that.

MR. BRETNALL: Do your hips start turning before the left foot hits the ground for the throw?

MR. BILES: I think that is the way it is. I have run down a clean track where I could see the foot marks and tried to put my feet in the marks. I think the hip motion starts a little ahead.

MR. LITTLEFIELD: Do you know what helps you get what you call the laying of the javelin up in the air?

MR. BILES: Yes, arm motion will help balance the javelin. The first motion is the pull-up and hips come in and the arm comes up. Some keep their arms bent; Bob Peoples throws that way. He gets all straight motion. You can lay you arm straight back, then the first motion is straight up (with body back) and a well-balanced javelin will avail a good flight.

FRANKLIN JOHNSON (Stanford): Bob, you throw with your arm a good deal farther out to the side than other throwers. In making the actual throw most throwers hold the arm about over the shoulder. Why don't you?

MR. BILES: Well, I don't know, but I have seen pictures of the Finns throw, and the javelin will be "out" from the elbow to the shoulder.

MR. RYAN: Bob holds his arm out more—don't you think so Brutus?

MR. HAMILTON: Martin (Biles) threw more to the side than does Bob. Yes, he does hold his out a little more.

MR. BRETNALL: Going back, have you ever traced the throws that gave you the sore elbow to the position of your left foot? Are you more apt to hurt your elbow if your left foot is not turned straight?

MR. BILES: I don't know if you could trace it that far. A faulty arm motion is the result of much more than just heel motion, as for instance throwing with the arm out to the side or in too close. Sure, anything like that will hurt your arm, such as coming up to the line with a faulty form and all of a sudden stop with a jerk. The throw must be smooth. I think that is why preseason training is of great importance in the javelin, as it is a vicious event. The lighter a thing is, the more strain to the arm and back. Throwing hard once a week is enough. Probably Tuesday is the best day. I have seen lots of men who don't throw hard at all during the week. Some work on step, sprinting, and starts. Of course, I have others things to work on during the week. I do a little shot putting on Thursday.

MR. RYAN: Would you talk over throwing hard once a week? Would that be as hard as you can or just get it out there?

MR. BILES: Throw like in competition so that you work at full speed. You can't really work on those things when taking it easy.

QUESTION: How many hard throws would you do during the day?

MR. BILES: Four or five. You should have a good warm-up before throwing. You can't tell when you're going to hurt yourself. Get well warmed up.

I haven't got my step down as well as I had hoped to this year. It takes a lot of time and it is tiring and hard on you because it is a jarring motion to the legs.

CHICK WERNER (Penn. State): How many days a week do you throw the javelin?

MR. BILES: Usually Monday, Tuesday, and Wednesday and of course, work on the step Thursday.

QUESTION: How many times, Bob?

MR. BILES: Four of five hard ones.

MR. WERNER: Bob you have heard some advocate throwing the javelin over the head and some over the shoulder. What is your preference?

MR. BILES: My preference, I think, I try to get as close as possible to the Finnish Style. I try to keep the line of the shoulders up and the right arm horizontal as far as the elbow, with the forearm vertical.

QUESTION: Is the javelin over the elbow?

MR. BILES: The javelin is about over the elbow.

QUESTION: Would you think it faulty to have it closer in?

MR. BILES: I have seen other men have good throws by throwing like this (Demonstrates—bending the body to the left). I don't know, I guess you can range a little bit in that respect, according to your style and individual manner.

MR. RYAN: I would like to ask a question for the men who have been your opponents and have watched you do the Finnish Throw. I will admit that I am confused. Will you get your lay-out again Bob? My understanding of the Finnish Throw is that they are not facing forward. (Bob starts throwing facing sideward). Do I understand it right or am I all wet on the thing?

MR. BILES: In the Finnish Throw you face the front with the body bent back and use the back and the body in sort of a final snap.

QUESTION: Could you tell us something about that Mr. Bob Simpson?

MR. SIMPSON: In Hungary we had a meet with the Finns summer before last and watched Jarvinen throw. They had a young Finn with them who is likely to break the world's record any day. He threw over 250 feet down there and they were throwing off grass that was slick. They threw on an old football field. They didn't have a cinder runway. It was a strange thing, at the finish of his throw he used the American jump in the air, but ran like a Finn. I watched this fellow throw, he used a long hop like the Americans and threw like a Finn. He had picked it up from some American he had watched somewhere, but he certainly could throw that javelin. I remember that one of his best throws was something over 250 feet. His throw was awful straight and fast, and as I saw, he had a jump of quite a height. When he started the throw, he leaped into the air much faster than any of the Finns do. Then another thing, those Finns really throw. They do a lot of throwing. He was out there throwing the day before the meet and it looked like an awful distance. He could bend over and do almost anything an acrobat could do. They do a lot of exercises.

MR. RYAN: When they get ready for the throw how do they face? I had the idea they were facing straight in the direction they were going to throw. Are they facing straight or a little to the side?

MR. SIMPSON: They face to the side, but of course when they come into the throw, they use, as Bob showed you, the form of their usual throw.

PRESIDENT HUTSELL: Do you have any more questions that you want to ask?

MR. RYAN: How many days a week should a boy train?

MR. BILES: Monday, Tuesday, and Wednesday with the javelin should be enough. Tuesday throw hard. Thursday a little running is enough. Most athletes can't take a lot of throwing.

QUESTION: In the early part of the season, how much do you throw?

MR. BILES: Very little. I start off easy and gradually work up. Even if you are in competition you can't throw much, you have to watch your arm.

MR. DOHERTY: Have you had difficulty in keeping your weight back before you actually start to throw?

MR. BILES: Yes, I have had a lot.

MR. DOHERTY: How do you overcome that?

MR. BILES: I have found it pretty good experience to run almost full speed in the middle of the track, and stop without throwing the javelin. Speed is what carries you over; if you come up and stop and just toss the javelin a couple of feet, it will help you a lot. I had a lot of trouble with coming up like this (demonstrates—rear leg off ground) and throwing in mid-air, and I had a lot of trouble with pushing the back leg up too fast. That is caused, I think, as a carry-over from the shot put. Maybe there is some trouble in holding the javelin back after you have started to drive.

QUESTION: Are you conscious of holding the javelin back?

MR. BILES: No, it's a habit now.

QUESTION: Did you have trouble in the beginning?

MR. BILES: Well, I started all these things at the same time and worked over a year. Improvement came gradually. I just changed over to the Finnish Style three years ago.

PRESIDENT HUTSELL: You gave us a good work out, Bob, and we appreciate it.

Most of us are wondering what kind of track program we will have next year. Everyone is interested in making the organization we do have, fit in with what will be for the best interests of the armed forces. Inasmuch as we are working with young men we shall be interested in what our next speaker has to say with respect to the

part that track will play in the Physical Fitness Program. May I present Lieutenant Commander Larry Synder, on leave from Ohio State University, now Assistant Athletic Director at the Navy Pre-Flight School, Iowa City, Iowa.

TRACK IN THE NAVY PHYSICAL FITNESS PROGRAM

LARRY SNYDER (U.S. Navy): Mr. Hutsell, Gentlemen. When the Navy discovered that Naval battles of the future are apt to be battles in the air, at least during the initial stages, the need for more flyers physically perfect and mentally alert was quickly apparent.

Athletics, the rugged competitive type rather than the namby-pamby sports of the average collegiate and high school intramural program, were chosen as the means of developing the hard, resourceful fighters. Practically any boy can learn to fly.. The Navy needs and is developing a type of pilot who is more than just a flyer. He must be a fighter. He must be willing and eager to battle against seemingly overwhelming odds. He must be able to out-maneuver his opponents. He must be willing to dive steeper and approach closer to his objective while retaining every faculty in a cold, calculating effort. Sports writers call it the "old college try."

Athletic coaches, hundreds of them, have been taken into the Navy to build into the average American boy the qualities that years of soft living have been allowed to dissipate. This generation of Navy flyers, as they come from civilian life, are, for the most part, not mad at anybody. We have given them what we thought was "every advantage", and it turns out that we now send them into the armed forces with a physical fitness handicap that is appalling. Recognizing this deficiency, the Navy set out to do something about it.

Four pre-flight schools were established. They were staffed with athletic coaches from every section of the country. The Navy procured the best men available in track, football, soccer, boxing, wrestling, hand-to-hand fighting, swimming, mass exercise, and sports program (intramural) directors. Stamina, relaxation, speed, agility, courage, a fighting heart, and the ability to think clearly under pressure are qualities developed by rugged competitive sports. As I said before, the Navy pilots must be fighting flyers, not aviators.

Needless to say, the pre-flight schedule cannot be entirely athletic. There are too many hours in a day for such strenuous activity as outlined above. The cadet's day is divided into four periods, starting at 0545 (5:45 a.m.) and ending at 2130 (9:30 p.m.) The periods are roughly two and a half hours in length, divided for physical drills into two forty-five minute periods. These are preceded by a twenty minute "toughener" called mass exercise.

The regiment, the cadet complement of the Iowa Pre-Flight unit, is divided into six battalions. Each battalion is made up of anywhere from 150 to 300 cadets. While two battalions are participating in athletic drills, two others are in military classes, and the remaining two are attending academic classes. These battalions rotate through three periods. At 1600, the competitive program begins. Every cadet is on a team participating in a regular schedule of games, or a practice session for his game, each afternoon.

LARRY SNYDER

As I observe these hundreds of cadets getting tougher, more agile, better coordinated, and learning to love competition, I remember what the track coaches reported on their return from the 1928 Olympic Games in Amsterdam: "Watch Germany. They are building a physically superb race. Physical fitness has become a national goal. Young and old, boys and girls, men and women are on the athletic fields early and late. Swimming and boating, skating and skiing have replaced dancing and loafing." These coaches warned us that Germany would be our strongest competitor in future Olympic Games; that should these youth fall into the wrong hands, we must prepare for trouble soon. Watching the cadets and thinking of that warning, I find myself muttering, "Germany has a fourteen year head start."

Of course, we pride ourselves on our physical plants in junior high, senior high, and college.

We forget that our athletics have really been for the few specialists. Our physical education plan in our educational system has called for one or two short periods a week—little better than none at all. Theory displaced practice ofttimes. The academic folks moved into the late afternoon hours with classes held until five or six o'clock. Certain athletic and physical education leaders battled this move, but there was no concerted effort among the coaching group. One college president was nationally quoted when he remarked that whenever he felt the urge to exercise, he lay down until the urge passed away. Courses in theory of this and theory of that appeared quite interesting in an educational institution's catalogues a year ago, but after Pearl Harbor theories went out of vogue. Talking had to be replaced by something more practical like a bullet, a bomb, a shell, or plain cold steel.

We, as coaches, allowed the sports, the physical drills, the games which we knew were the answer to physical fitness to be pushed around until only a semblance of a physical program remained. Perhaps we couldn't have stopped the trend away from health, but I don't believe we tried. We took the pushing—played a bit more golf, or handball, or squash, and muttered into our beards. Let's never let it happen again.

During the thirty day indoctrination period which the coaches spent at the Naval Academy, they prepared a program, a syllabus, which is being followed in each pre-flight school. The track group quickly concluded that changes from the normal track program were indicated. Our job was not to develop track champions, but rather by the medium of track and field athletics to prepare our pilots physically and mentally to meet and defeat our enemies.

Each cadet attends track and all other sports ten times during his three month's course. (Swimming, due to its importance in Naval training, is scheduled twenty times). The cadet has five track sessions weekly his first six weeks, and another such period during the final six weeks.

Using three instructors, the platoon (50 men) is divided into three squads for instruction. Here is a sample drill—fifth class:

1. 5 minutes. Jog 440—loosen up.
2. 10 minutes. Demonstrate form in following events: hurdles, high jump, broad jump.
3. 9 minutes. Squad 1—Run 120 yard low hurdles in competition.
   Squad 2—Jump for height—one trial for each height.
   Squad 3—Jump for distance—45 foot run.
4. Stride 440.

In addition to the sprints and middle distance runs, sprint relays, high and broad jumps, and low hurdles, these events have been added:

1. Grenade throw—kneeling, prone, standing.
2. Hop-step-jump (45 foot run), also standing.
3. Three standing broad jumps.
4. Shot throw—back to scratch line, swing shot between legs, and throw with both hands back over head.
5. Starts—standing, prone, crouch.
6. Three-legged race.
7. Carry relay—men.
8. Sand bag relay—25 pound sacks of sand passed down the line and back.
9. Hurl ball—medicine ball with handle—discus or hammer style.
10. High-broad jump—3-foot hurdle placed 8 feet from board.
11. Practice obstacles on obstacle course.
12. Tug of war—three minute time limit.
13. Obstacle run.
14. Speed-agility run—160 yards standard testing course.

Sample track meet for sports program:

1. 8x220 yard relay.
2. Three standing broad jumps—measure to the nearest inch.
3. Hurl ball.
4. 880 yard run.
5. Hop-step-jump—45 foot run.
6. Obstacle race—score like cross country.

The obstacle course at Iowa City is ideal. It cost practically nothing to build since the cadets and the track coaches did all the work. We were fortunate in finding a ravine which was perfect, adjacent to the track. The terrain is very hilly. At the start, the cadets run down a very steep bank, up a hill, and over balancing rails; down again, over a bunker, up, then down to the edge of a gully. Here they must climb forty feet across on a rope, either hand over hand or monkey fashion. Then up and down a short hill, over a four foot wall, and with a forty-five foot run, broad jump a thirteen foot waterhole. Two steps and over a seven foot waterhole; then zig-zag running between tree rows, up and down hill, and over a nine foot wall. A sharp turn,

under belly crawl, up and over a small wall, more zig-zag running, up a very steep hill, down again, and up three five foot steps to the spur of the track.

Every school and college will find entertainment and condition in building and running an obstacle course. Make yours to fit the terrain, and keep away from dangerous obstacles. Think up your own, or copy them from courses you know about.

I hope that a standard obstacle run will be instituted as an event in every collegiate and high school track meet. Perhaps it does not need to be standardized, because the training derived in running your own course will fit your boys sufficiently to take any course well and ask no favors. This type of event is a fine addition to the track program because balance and arm strength as well as agility play a big part in successful negotiation.

It want to congratulate President Hutsell for the part he played in getting Auburn College on a daily compulsory physical program. You coaches will have to fight hard, probably, to convince certain educators that physical training must have a daily hour in the program and that it must be a compulsory proposition. We even find boys trying to evade certain periods in the pre-flight training. Some boys do not like the contact sports. They had better learn to like them soon or this country of ours will be only a memory.

PRESIDENT HUTSELL: Thank you very much, Larry. It seems too bad that a war was necessary to wake us up in the matter of general physical conditioning, but I think our lesson will not soon be forgotten. We who are particularly interested in Track and who know that running is generally recognized as the best single conditioning exercise there is, should be glad to hear of the important spot that Track occupies in the Navy's pre-flight program.

Since it is now past time for the adjournment of our morning session, may I suggest that you address any questions you might have, to Commander Snyder in private. I am sure he'll be glad to answer any and all questions you may have. It's a pleasure to have you with us, Larry.

Is there a motion for a recess? (A recess was moved, voted and ordered).

PRESIDENT HUTSELL: Before you leave, let me announce the nominating committee who will prepare the slate of officers for the coming year: Karl Schlademan, Michigan State; Harry Adams, Montana; Chick Werner, Penn State; George Bretnall, Iowa State.

We shall reconvene promptly at 2:00 p.m.

AFTERNOON SESSION

JUNE 11, 1942

The meeting was called to order at 2:05 p.m.

PRESIDENT HUTSELL: Gentlemen, before getting into our afternoon program, may I take this opportunity to welcome to our 1942 meeting certain special guests, including several high school coaches, directors and gentlemen of the press. Without any thought of putting any pressure on you, individually or collectively, I should like to suggest that associate memberships are open to all followers of Track and Field, who are not college coaches, for $1.00 per year. Active memberships are restricted to university and college track coaches.

To open our program this afternoon Mr. Robert "Bob" Simpson, long a member of the N.C.T.C.A., and former coach at Missouri and Iowa State, will tell us of his coaching experiences in Europe, where he went in 1939 to take charge of the preparations of the Hungarian athletes for the 1940 Olympic Games.

PRESENT DAY ATHLETICS IN EUROPE

BOB SIMPSON (Missouri '20): I am very glad to be here for as you know, we got the papers in Europe about two or three months late so I was never able to find out about a track meet until it was ancient history. I don't know exactly what you people want to hear about. I imagine you are interested in Track and Field so I'll talk about it first. They are very strong on competition in most European countries, in Germany, Italy, and Hungary, especially. All the time I was over there these countries were continually in competition with one another, competing in all sorts of sports except baseball which they know nothing about. Track and field, football (which is soccer over there), swimming, wrestling, boxing, and skating and skiing in the winter. They certainly believe athletics are worth while.

I had the opportunity to see the German track team at Budapest. Some of these boys you have heard about. Harbig was there and several others. Harbig at this time had a sore throat but he easily beat our best man. He really is a great runner. In my experience with the Hungarians I found that they have men with a lot of experience in timing. They time very accurately. I have watched that very closely. The closest they measure in a field event is a centimeter. We measure finer than that. They build a ridge of earth in front of the take-off board in the broad jump so if you foul they immediately know it. If your foot touches this ridge on the take-off it is a foul jump. I think this is a rule in the Olympic Games.

The Germans have some pretty good men. Christmann has a new idea on the shot put. He is the German weight coach. He had one exceptionally good shot putter. He was six foot six and weighed around two hundred ten or two hundred twenty pounds. He is a left hander by the way. I can't recall his name. In putting the shot over there Christmann trains them this way. He makes the fellows pick the shot up in the left hand, put it in the right hand up against the neck, and then put with the head down. Then, when they are putting from the ring, he makes them keep the arm and hand low. This is with the exception of one shot putter. He is getting to be an old timer. Their shot putters do not

BOB SIMPSON

stand erect. Their knees are slightly bent, shoulders forward. The German coach said that he thought he would do seventeen meters (over 55 feet). He has never done it yet—probably never will.

In Hungary they wet the tracks down so much that they are not really capable of making fast time. They don't know what a fast track is. I tried to convince them that they ought to let the track get drier, but it has been a custom for years so they continue in their own way. Now as

to Italy: I was down there in the summer of 1939. They have magnificent tracks, as good as in this country, I believe. They have wonderful stadiums and usually outside the stadiums they have a practice track.

Last year, Comstock, the Italian coach, had a young team averaging about twenty-three and a half years of age. Ordinarily European teams are men much older than this. In Hungary the team that was selected for me when I arrived averaged about thirty. They consider that a boy over there is still a boy until he is twenty-four years old. I finally convinced them that if they were ever going to have some good athletes over there they had to teach the younger boys. When I left, I had some pretty good young boys started although the war interrupted. These boys were in and out of the army so much, they had little chance to train.

They use the sixteen pound shot in high schools. They do not have the twelve pound shot at all. I had one seventeen year old shot putter. He was very well built and is one of the best young shot putters I have ever seen. He put the shot 47 feet. One thing I noticed about Europeans is their stamina and endurance in spite of their mode of living and the food that they have to eat. I think it is a shame so many of our boys failed to pass army physical requirements. With America's high living standard, we certainly should be a much stronger, hardier, and tougher race than those boys who do not get the proper food. They really do not know what a proper athletic diet is. They asked me why we had such good athtetes in this country. When I told them about our training habits and food they could not believe it. Their idea of good food is plenty of heavy, highly seasoned, fatty foods.

Practically all competition over there is club competition. You join an athletic club if you want to be a good athlete. They have a little inter-collegiate competiton but not to the extent that we have. They are thirty or forty years behind us in most events. I got some young boys started in pole vaulting and the same way with the high jump. Most Hungarians know little about these events. They can stand a lot of work and they do a tremendous amount of it. They never quit competing after they get out of the university. They join athletic clubs, competing up to thirty or forty years of age.

They have some good distance runners. The Hungarians claim to be cousins of the Finns. They have been sending long distance runners to Finland to study their methods of running. You know if they can stand the amount of work the Finns stand they have to be good. They get work-outs twice a day over there, and they do more work in both work-outs than our boys would ever think of doing. It is remarkable that those fellows as old as they are, can be as good as they are under conditions that are not good. For example, training facilities are very poor. We would not think of putting our boys into some of the places that they go into to dress. The funny thing about it (unsanitary as some of those places were) there was not a single case of athlete's foot in the country. It certainly can't be because they are clean. It looks like a fine place for the germ to breed. Some of the boys have flat feet but even at that they keep on running.

I saw quite a lot of the German Army over there. I watched them going through Budapest and down through Yugoslavia and into Greece, and again coming back from the campaign in the Southeast, and I tell you they are a fine army. This war is not going to be an easy war. I do not look for it to be over this year by any means. I hope I am wrong but it looks to me as if it is going to last a long while. They are tough and hardy over there.

Now some of you may wonder why the Hungarians are fighting against Russia. Why are they cooperating with Germany? There are two or three reasons. One thing, you would be surprised at the number of Hungarians who think the Germans and Hitler are OK in every way. Many of them thought he was infallible and wonderful. One of the reasons for this sentiment is that the Hungarians lost a lot of territory after the last war and being a very proud race of people, they felt that they were not treated squarely at that time. They resented losing this territory and have kept the flag at half mast ever since and will not raise it until they regain that territory. In the past few years they have regained a little over half of the territory they lost, partly because of Germany, when the Germans allowed them to take back part of that territory which had been given to Poland, Czechoslovakia, Rumania, and Yugoslavia. The Hungarians do not think much of the Serbs. They despise and hate the Rumanians. They would prefer to fight them more than any other people. Germany has quite a time to keep them apart.

Then again they are afraid of the Russians. They think that Russia intended to attack them if Germany had not attacked Russia first. I don't know whether this is true or not, but the Hungarians believed that it was going to happen so they had a large army on the Russian front during this last summer and fall. When we left in January the talk at that time was that they would have an army of at least one hundred thousand men against Russia this spring and summer. If what they tell is true the Russian front is a horrible place. You know the Germans

captured a lot of Russians during the war. A lot of them they sent back and made work. A lot they couldn't feed so they let them starve to death. A lot of Russians were actually eating each other, either that or starve to death. The Germans and Hungarians, when a bunch of their men were wounded and Russians were making a counter attack and there was no way of getting them out, killed their own wounded soldiers rather than let them fall into the hands of the Russians. They claimed that if they fell into the hands of the Russians, they tortured them in terrible fashion. One doesn't know what to believe. I believe about ten per cent of what I hear and what I have seen about things. I have seen a lot of German soldiers brought up the Danube on hospital boats with crippled arms and legs. Sights like this impress you with the horrors of war.

As far as food is concerned, they have plenty of food. In Hungary they were having meatless days three times a week when I left, but they do not consider mutton or lamb as meat. In fact, I was glad to see a meatless day because on meatless days you can get mutton or lamb, venison, or wild pig. They are getting as much sugar as we are now. They get about a half pound a week. Of course, there are shortages of lots of things—cocoa and tea are some but you can still get pretty good coffee over there.

The city of Budapest is growing by leaps and bounds, business is booming in that city, especially in building. They are building hundreds of apartments in all parts of the city. The city was building a large municipal sport center. They will have a fine place for sports. One building was for wrestling, boxing, tennis, another building will be for their indoor track, but it will be a fine building for other sports, too.

In some ways you wouldn't know the war was on but in other ways, when they have an air raid alarm, blackouts, and when you travel through the country and see the peasants being brought in to join the army, women and children crying at the station thinking they will never see any more of husband or father, you realize that there is a war. I had an opportunity to travel all over Hungary. I was there before the war started, and I got to see a cross section of the country which few foreigners get to see. They will never understand us and we will never understand them. They are a polite, fine race of people and treat you fine when they invite you out. Nothing is too good for you. The Hungarians, like most Europeans feel that we should let Europe settle its own affairs. They cooled off especially when America declared war on Germany. Their radios are not strong enough to get American broadcasts but one could get Germany, Italy, and Great Britain and could listen to any kind of program. If a newspaper gets out of line it is put out of business. They allow no big gatherings over there. Hungarian Nazis tried to stir up a commotion in Budapest one time but it didn't last long. The police rounded them up in a hurry and threw them in jail. Another time when Von Ribbentrop came to town and was laying a wreath on the grave of the unknown soldier, a very formal and dignified occasion, a number of young Nazis gave the German salute of "Heil Hitler." Police rounded all of these boys up and put them in the wagon and took them off. They do not allow things like that. Right now they are between the devil and the deep blue sea and I don't know what will happen to them. I'm sure glad I'm out of there. I'm mightly glad to be here and see all of you and get a chance to say "Hello." Now if any of you want to ask a question I'll try and answer it.

MR. OLSON: How did you get out of there? Did you have any trouble?

MR. SIMPSON: I had been trying to get out for over a year. They sent my application to the consul in Germany and Italy, but nothing ever happened. They never exactly say "no" but they never say "yes". Finally you are convinced you are not going to get away. Newspaper men could sometimes get a permit, once in a while Hungarian emigrants. If they could get an American visa the Germans or Italians would let them pass through. I think they wanted to get rid of them. I thought I would get out through Russia and by way of Japan. I got my Japanese visa without any trouble at all. It was a matter of a few minutes, in fact, I didn't even have to pay anything for it; when I applied for a Russian visa I had to fill all sorts of forms and then they sent the papers to Moscow. I waited and waited and nothing happened. Finally they called me up and stated my visa was OK but by that time we could see something was likely to happen on the Eastern front. It did happen, and I was very glad I hadn't started across that country.

Then I thought I would try to go out through Turkey. A young American, a graduate of Washington and Jefferson College, who had been ordained in the Catholic Church, tried to get home by way of Turkey. I wanted him to write to me and tell me what happened, but I didn't hear anything for a long while. Finally he wrote and advised me not to try to come through that way. Meanwhile I had gotten my Turkish visa but two days before I was due to fly, the Germans required American citizens to have a military permit. I couldn't get one so that way was out.

The American Consul told me that if the worst happened he would try to get me out.

When Hungary declared war on us, we immediately became aliens. My work automatically ceased. Finally after all sorts of rumors they put us on a train in the middle of a cold, snowy night and shot us right off to Lisbon. After I got to Lisbon I found I could get a passage on a Portugese steamer. It was not a pleasant trip. On the Portugese steamer all we had to eat was fish and rice. The boat was loaded to the gills and when the sea got rough all the people would get sick and well—I won't tell you about that! You had to pay plenty for passage on this boat, enough to take you on a World Cruise on a good boat. I was certainly glad to get off. We ran low on coal and instead of going to New York, headed for Newport News, Virginia, and stayed there for three days—there were half a dozen American citizens on this boat with American passports, and after a few days we managed to talk ourselves off this boat and were permitted to land. We thought for a while we wouldn't be allowed to get off.

MR. RIDER: How did you get along with the language?

MR. SIMPSON: Well, I never did really learn that language. It is very difficult. Few people can learn it at all. It is nothing like German. I had an interpreter and I studied it, but when the war come along I decided not to spend any more time on it. I just used an interpreter all the time I was there. I had to do a lot of talking before coaches and schools, both boys and women, and I even trained some Catholic nuns. I had to teach jumps and relays to the girls, and those nuns actually came out and worked out at times. It was an unusual sight to see the nuns with all their long clothes out there "working out."

QUESTION: At what age does their athletic program start?

MR. SIMPSON: They start in school at about the same age as our children and they have formal gymnastics. They work in the gymnasium and they really try to make everybody over there an all around man or woman. They don't specialize in anything. They really start military training at twelve years over there.

MR. JOHNSON: Bob, you wrote me about a discus thrower who had a very effective but peculiar style. Is there anything about that that these fellows would be interested in?

MR. SIMPSON: They all throw from this position. (Demonstrates—knees bent). This fellow is a magnificent physical specimen and is about six foot four inches, and is thirty years old or more. It looked as if he ought to throw the discus a mile and a half any time, but he has an underhand throw. He did throw 170 feet over there one day, which is a pretty good distance.

MR. WEIR: I think he was the one that threw against Bill Watson in 1939.

MR. SIMPSON: The javelin throwers do an awful lot of throwing. Sometimes I think they do too much but they hardly ever have a sore arm.

One night they had a meet under lights. It might be a good idea for us to do something like that. They line up a bunch of javelin throwers and all throw together. The lights shining on the javelins make a beautiful sight. They all threw about 180 feet. It made a fine show.

QUESTION: Do they just do that for the throw?

MR. SIMPSON: Yes, and for exhibition. More or less for exhibition. We might try it. I tell you it's a beautiful sight.

MR. HUTSELL: Do they have any indoor track in the winter?

MR. SIMPSON: Yes, they have a building that is about the size of this room, a little bit wider, possibly four or five yards longer. There was sawdust a foot thick on the floor. They wet it down a little bit, but it is loose. This is the best place we had for indoor work. You couldn't vault very high. I could teach a little high jumping and we could run over one or two hurdles. I think it did some good and the boys seemed to like it. They never wanted to quit working. They compete the year around. Some of these boys competed in as many as fifty or sixty meets a year.

QUESTION: Bob, you stated a while ago that they're years behind us in the pole vault. What is the reason for that?

MR. SIMPSON: They did not have efficient coaching. They carry the pole with the point up. They run, jump, pull and swing. They never get the pole perpendicular, it is always at an angle. They didn't know it was necessary to get the pole up and get a push-up.

MR. RIDER: If these boys compete all year around, what do they do for a living?

MR. SIMPSON: Some of the boys have money, others work in shops, mechanics, and all sorts of things—newspaper carriers, mail clerks, and baggage clerks, a cross section.

Is there anything else? I think I have taken enough of your time already.

PRESIDENT HUTSELL: There, gentlemen, is a first hand report on present day conditions in central Europe from a man who returned from there only about three months ago. Undoubtedly all of us would like to hear more but I don't believe we should spend more time on European affairs just now. We are glad to see and have you back with us Bob. It has been a pleasure to have had you on our program.

Next, we shall have Charlie Beetham, former national champion in the half mile, talk about his specialty:

THE HALF MILE

CHARLES BEETHAM (Ohio State '37): I have been running in track competition for eleven years. This includes two years of high school, four years of college, and five years of after-college running. I feel that today I am just as good or a better runner than I have ever been.

Age and maturity have a great deal to do with middle distance running. It seems only common sense that a man is stronger at the age of thirty than at the age of twenty. Many of our good American runners gave up the game at the age of twenty-two or twenty-three. They never really ran in their best years. However, a good runner reaching the age of twenty-two and then laying off for two or three years would have a hard time getting into shape. For a man to perform best he must keep at it through the years.

I have always had a desire to run and have always been enthusiastic about running. In high school I did a great deal of running, but was never able to push myself. My time was very mediocre, yet I cannot remember being completely fatigued. I remained out of school one year before going to college. During this year I ran three or four times a week. I had an old stop-watch, and timed myself on a half-mile run almost every workout. During this year I did lots of good hard running. I would go out on the track and run until I was tired out. I know this year of running did me a great deal of good.

The half-mile run today is a fast stride all the way. You have to have speed to run it, and the more speed you have the better off you will be. However, you cannot run a half on speed alone; you must also have plenty of endurance. A half-miler must be a sprinting distance man.

Probably every coach has his own way of getting his men into condition so they can begin hard running. In some form or other the early training program should consist of distance running, easy striding, lots of calisthenics, adjustment to the regular routine of workouts and training. After a period varying from two to four weeks, the runner can settle down to more rigorous training.

Any coach can write out a set of work-outs for three or four weeks ahead and tell the runner to follow the program. But if you get the candidate interested in his running, get him to thinking about his training, planning work-outs for himself, understanding why he needs certain kinds of conditioning to get him to express what he needs and why he thinks he needs it, you will have a track candidate who will in time, with the coach's guidance, make a good showing. Track to this kind of runner will never be drudgery—it will be sport.

While I was in school at Ohio State University, Larry Snyder, my coach and I, seldom planned a work-out program ahead of time. Each evening before working-out I would express my preference as to what I felt I needed. Larry would express his opinion, and together we would decide on a work-out. Many times we would disagree, but Larry's experience, knowledge, and psychology would convince me of his point of view, and I found out that he was pretty smart himself. I feel that it is much better for the runner to talk over his individual training with the coach rather than have the coach order and give the same routine to everyone.

I concentrated a good deal of mid-season training on speed. Fast 100's, 220's, and 300's would constitute a work-out. I would run these as fast as I could, often getting a watch on them to see how my speed was coming along. Other nights I would work on form and fast striding. These workouts would consist of fast striding 220's, four to six of these one after the other with only a few minutes rest between each 220. I would run these at a speed faster than half-mile pace and just under full speed.

Wind sprints, often called "gassers", are one of my favorite work-outs. This consists of easy jogging for three-fourths of a lap and top speed for one-fourth of a lap. The number of laps would vary from six to eight. In running wind sprints, I always go into the sprint as hard and quick as I can. Drive hard the first few steps, pumping the arms just as driving from the holes in crouch starting. Get into full speed as quickly as possible. I find that after I once get under way and gain full momentum, it is much easier to maintain speed.

I would work often on pace, using it as a work-out for endurance and also to develop a

sense of speed. In practice I could hit pace within half a second. In a race I paid no attention to the pace. My purpose was to get to the finish line ahead of my opponent regardless of the speed. When working on pace, I would run a 440, rest, and repeat, getting enough rest between each 440 so that I was relatively fresh for the next one. On other evenings, I would run between three and four 440's, varying in time from fifty-seven to sixty seconds with only a very slow jogging between each striding 440. This kind of a workout depends a great deal on the individual since the speed of the 440's depends on the ability and speed of the runner.

Many nights I would run odd distances for time, sometimes all out, but most often just a shade under top. These consisted of either a 660, 440, 300, of ¾ mile, all depending on what I felt I needed most.

The main thing to impress on young runners and many experienced runners, is the need for pushing themselves when they are tired. We all have physical limits, but often when we get tired we don't know whether we are completely fatigued. Many times I have felt all in, but would give one last try and find I had lots of running left. Impress on the runner to give all he has when he feels he is just about all in. Training develops a reserve, but to make use of it you have to force yourself to put it out. The best conditioned runner has to make an effort to put out his reserve.

From my contact with track and field, the following points are to me of greatest importance, both from the point of becoming a good runner and of getting the most benefits from track athletics:

(1) Be able to stride as smoothly and as fast as you possibly can. A definite asset to any middle distance runner is the ability to cover ground as smoothly and as gracefully as possible. A middle distance runner has a race to run that requires a distribution of his strength and ability over a period of time. He must learn to cover this distance in the early stages of his race so that he will have enough left to finish the race. This is where his form and smoothness aids him. A runner who makes as few movements as possible will not have to expend as much energy as a runner who throws his arms all over the place, who bobs his head, and rotates his shoulders excessively, who uses two or three lanes to run in, and who fails to lift his legs high enough to get full benefit of his stride.

(2) Development of co-ordination, which in turn leads to smoothness, is very important. Do not neglect other sports and exercises. Many coaches and runners are opposed to engaging in events that are likely to injure the legs, deaden the leg life, or take too much of the runner's time from the track. I think it is a good idea for all runners to participate in field events on the side. Shot-putting, weight-throwing, hurdling, and jumping will put into play muscles that are neglected in running. Many times my workouts were devoted to high-jumping, weight-throwing, and general all-around work. Track and field is a sport, and these events are all part of the sport. I believe there is a happy medium between engaging in other activities and running, and it should be worked out according to the best judgment of the coach and athlete.

(3) Develop the ability to sprint. You do not have to be a sprinter, but you must make use of what speed you have. You can do this best by learning how to sprint, by working on starts, and by doing lots of sprinting.

(4) Acquire strength in stamina and endurance. The best way to do this is to run not only one race but several races. Learn to "repeat" against stiff competition. In workouts plan so that you will get lots of running when you are tired. That is when workouts will be of the greatest benefit to you.

(5) Distance running is very important to all athletes. This running should never reach the stage where the runner "plods" along. By "plodding" along, the runner may prove to himself that he can "take it", but he is not helping his running a great deal. Often when the runner approaches extreme fatigue, he loses all semblence of form and soon falls into bad running habits. I feel all distance work should be taken, not at an even speed, but at a change of pace. Alternate running, constantly changing from fast to slow to medium pace. By cautioning a runner not to "plod" along, I do not mean that he should never run far enough to get tired. The runner and coach should aim at distance running that keeps muscles under control and does not lead to "tying up".

(6) Lead a clean and regular life. Living and eating will play a big part in how good a runner you can be. In recent years we have relaxed in the rigidity of diet and training. Today trainers and coaches recommend a healthy and well-balanced diet, emphasizing fruits, vegetables, and milk. Go lightly, or omit, pastries, stimulants, and fried foods. Practice regularity in sleep, habits, workouts, and study.

Today more than ever, time is valuable and should be used to the greatest advantage. If you are going to spend your time on the track, or anywhere else for that matter, you must learn

to make that time count. It is only a little harder to put out a bit more effort and become a great deal better both physically and mentally.

If you are going to be a track man, don't get into the habit of going down to the running track merely to rest in the sun and "horse around". There is need for a certain amount of relaxed activity, but too many runners never get any other kind of activity. You must learn to push yourself and keep going when you are tired so that when you race and finish, whether first or last, you will have no regrets that you might have done better.

PRESIDENT HUTSELL: Thank you Charlie for a well-prepared, concise account of what you have learned about running the 880. I believe we coaches still have a lot to learn from some of these fellows we are trying to teach. Mr. Beetham, of course, is hardly in this class in view of his experience in running, but I do feel we should consult the youngsters if we are to keep up to date.

A "panel" of experts with you fellows asking the questions, will complete our discussions today. Following this, we'll have our business meeting and election of officers for 1942-43.

I have asked Bernie Moore, Charlie Hoyt, Karl Schlademan, and Ed Weir to come up here and be trouble shooters for the questions, that you might have to ask. Will you gentlemen come to the rostrum?

FORUM DISCUSSIONS

MR. RIDER: Ed, will you explain this material you are using in that shot ring? It is something new and might be a real improvement.

MR. WEIR: In going back, it started on the indoor track when some of our big boys were working for speed in getting across that circle. My boys were at me all the time, because the circle gave way and wasn't to their liking. They wanted a surface that was hard and would stand-up and still stay in shape. It really started on an asphalt road that bordered our practice field. It was used to run the buses into the stadium. When it rained we would work out on the asphalt paving. It was made with a first layer of a certain texture and on top of that was to be another material. The top coat was never put on that so it was different than the paving on the streets. The boys got to working off that and liked it because it was an all-weather track. It certainly saved me a lot of trouble. In talking to our groundsmen, we found out that there were two or three extra barrels of this stuff left over. We mixed some more up from samples. We thought by taking a little more clay and a little more sand, and with a certain amount of asphalt, we could get what we wanted.

QUESTION: Would that take a shorter or longer spike?

MR. WEIR: The boys found out they could use a shorter spike. It was not gummy and did not stick to their spikes. We found it worked out fine and the boys were tickled to death. This is not asphalt as used in paving. It is more sand and clay. I can't tell you now what percentage it is. It is holding up pretty well, and all the new boys from other schools like it. It certainly solved our problem here. It makes a good, firm circle, particularly when emphasizing speed. You won't have to battle the weather either.

QUESTION: How deep does this material go?

MR. WEIR: We put down a first layer, and then put on a top with a little more asphalt. Three inches would take care of both of them, but four or five inches would be better.

Have your men prepare to use from medium to short spikes. They won't slip on it. We can almost trowel it back into place. It's still somewhat new to us, but it looks like we got something there. It will come to something, particularly when we get some formula worked out, where we can tell you the percentage of sand and clay along with so much asphalt. Asphalt by the barrel is very inexpensive.

QUESTION: How is it on ankles, Ed?

MR. WEIR: We haven't had enough experience to say. As far as the shot is concerned we don't have any trouble. We haven't tried it for the discus, but I believe something should be worked out there. As for the shot, I am anxious to see the reaction of your boys to it, especially the boys who like the indoor circles. I do think we can go quite a bit further with the thing, especially at places where you have a good deal of rain. This is just in an experimental stage, but I feel certain that it is going to work out all right.

QUESTION: Do you mix that by hand?

MR. WEIR: We use a cement mixer. It must be mixed thoroughly. You use the same type of mixer as you lay a road with. It can't be mixed by hand. It has to be mixed by somebody who has mixed and handled asphalt before. I think we will experiment on a runway too some time soon.

QUESTION: What spike do you refer to as a short spike?

MR. WEIR: We use the replaceable spike around here. The medium three-eighths inch is best. I am convinced that we can work something out as far as an all-weather runway is concerned.

PRESIDENT HUTSELL: Thank you, Ed.

MR. HIGGINS (Oklahoma A. & M.): I had hoped that somebody would discuss the relative position of the hips in putting the shot and throwing the javelin. How do the hips come through and where are they in relative position to the arms? Do you understand what I am driving at?

CHARLES HOYT (Yale): I think the javelin was pretty well demonstrated this morning. But, I say in the discus, I like to have the hips get ahead in there. In the shot I like to have the hips slow. Brutus, will you say something on that?

MR. HAMILTON. Briefly, if you lead with your hips in the shot it is best. It will vary somewhat with the individual. That is about all I can tell you about it. The way Bob threw his hips and the javelin simultaneously is a delicate proposition, because you are working so fast there is about one-tenth of a second in which you do about thirty different things. But I think if you just remember to lead with the hips in the shot—use that as your Golden Text,—and with the material that you have at hand, I believe you'll keep out of trouble. I won't go into further detail, unless you have a particular question. I don't think there are any short cuts to these events. I think the ability of the coach or high school teacher is probably more evident in coaching and teaching the throwing events than any other place. Most coaches are capable of coaching runners, but some of these field events are tricky and you have to be able to analyze men and keep them from being form conscious. My experience even with weight throwers has been to try to work them up. Biles is out there throwing all afternoon. He says that he can throw the javelin about three days a week, but he throws almost every morning, noon, and night; sticking it in the ground and getting the feel of it until the javelin becomes a part of him. Hard work when you start them out is the fundamental basis for a good thrower.

MR. DOHERTY: I have a question I wish counsel on if it's worth taking up here. I am sure it will be. I think there is a growing tendency in this talk of Track as a whole in the direction of emphasis on spectators and perhaps away from the contestant. I think Karl Schlademan is well qualified to discuss the question whether we should follow in line with that or whether we want it to take its own course. This has grown very rapidly in the East and in the Middle West and perhaps in other parts of the country. I think that would be an interesting point of discussion. Karl, how about discussing it?

KARL SCHLADEMAN (Michigan State): I used to believe several years ago that we should concentrate on a few men. I let myself be carried away with the crowd issue. You have to consider the crowd. Make your meets attractive. I firmly believe that is the salvation and ultimate

KARL SCHLADEMAN

life of Track and Field, being based on the well run dual meets. I think during the present war and for the duration, a lot of these relay meets are going to drop out. I don't say that the relay meet is unnecessary. I think we should have a certain bunch of them. You don't have a chance, however, to develop the competitors. In the central states it is different than in New York City in Madison Square Garden. That is a different problem over there. Carl Olson and Chick Werner are situated closer there. Maybe they can tell you something about it.

MR. WERNER: For the country as a whole, I would be willing to line up with the one who wants to keep the emphasis on dual meets and the big championship at the end of the year. I believe the more we try to imitate football the worse off we will be. We are not football, we are ancient. We were here before football was ever thought of. These other sports go up and down, but track and field will go on indefinitely. Running is a natural tendency and is easily handled. It does not take a lot of equipment. There may be men in the audience who disagree with me, but that is the way I feel about it.

MR. OLSON (Pittsburgh): Don't you think there is a place for some of these big meets?

MR. SCHLADEMAN: I think one or two of the relay meets in the Middle West are all right.

MR. OLSON: I feel exactly as you do about the dual meet competition, but there are a lot of institutions that do not have the facilities. That is why many of us are sending our boys to Madison Square Garden. You have to be good to be in those meets. Dual meets are the essential thing in putting over a successful track program.

MR. SCHLADEMAN: Maybe I didn't make myself clear. I believe the dual meet is the backbone for the N.C.A.A. meeting here and for the IC4A meet. I believe the dual meets develop and encourage the boys for the big meets.

MR. OLSON: In asking the question I did, I didn't mean that I didn't favor the extension of the dual meet program, possibly because I feel that the dual meet is the only place we have for developing what we like to think of as a team. The big meets are largely for individuals. I think they also have a place, however, in our program. Don't you think Karl, there is a tendency to have more dual competition where they have good facilities for it?

MR. SCHLADEMAN: Undoubtedly that is right. The Middle West is putting more and more emphasis on indoor work. When the competition is on the outdoor track you can pick out these boys who have developed on the inside track. One reason is that it is always good weather in the field house, and always will be. I think you can say a few words about these big meets that create interest among your boys; this will make them work harder to go to the big meets.

CLYDE LITTLEFIELD (Texas): That is our idea. I take men to big meets and they look ahead for two or three years. They work hard to develop to be better men and that way develop interest in other boys, who probably would never come out for track. I think there is a place for both kinds of meets.

MR. SCHLADEMAN: Don't you think it depends upon the section of the country you are in? When I was in Washington I started the fellows going to the Drake relays once in four years. I got the results you were talking about. There are so many demands upon the coaches, I believe the section of the country depends what you are going to do about it.

MR. HUTSELL: I'd like Mr. Moore to say a few words on arm action in the hurdles.

BERNIE MOORE (Louisiana State): I don't think I can tell you much about that. I think I can tell you much more on the discus throw. I have a boy, a 150 foot thrower in high school, who after two years of coaching, could throw 140 feet. But I'll tell you what I know about arm action in the hurdles. That, in my opinion, depends a whole lot on the boy. I've had two or three pretty good boys and their arm action is different. The boy that I have now, Gilliland, is the tall type boy, about six feet three and a half inches, and I had an awful hard time getting arm action into that boy. Moreau had good arm action, but I'll talk about the boy Gilliland. He's got pretty good arm action and he has run some good races. Now he hurdles with the right foot forward. The right foot goes up and clears the hurdle, and he leads with the left hand of course. The left is pretty low in there; he gets it about three inches higher than his knee. The short arm, as with many, is the one that I have had trouble with and we worked all during the freshman year and

BERNIE MOORE

during the sophomore year before we ever got it right. He had a hard time bringing the right hand along side the body. He got out of balance, so his short (right) arm was coming forward with the left arm about half extended. As he leaves the ground the left leg comes up and the right arm comes back close in to the body. This is where we have a lot of trouble. It takes a lot of time and cencentration and a lot of will power to get that short arm in there close enough to the body.

MR. HUTSELL: How long does he leave the left (leading) arm out there? When does he cut it back?

MR. MOORE: He keeps the left arm ahead until the front leg goes down.

MR. HAMILTON: I want to ask Charlie Hoyt about the time schedule used in the East and the National Collegiate time schedule. Could you tell me which you like better. You have a little different order of events in the IC4A.

MR. HOYT: This is a very interesting question, Brutus. I have found since I moved East, in all our dual meets, they don't follow the IC4A or the NCAA order of events, but the order of events drawn up about forty years ago. There is neither rhyme nor reason why it is drawn that way, but still they run their events that way. It is very unsatisfactory. Now here is one thing they always do. The discus is put on in the heat of the day. I have asked them why and they can't tell me. They run the one hundred yard dash and have probably forty or forty-five minutes, before they come back to the 220. We all know if we have a good sprinter, that is too long a time between the events. The same way in the hurdles. As far as I am concerned there is but one order of events for dual meets: that used by the NCAA. I think that program has been studied and worked out for the good of the

"Chuck" Hoyt

competitors, so you can get the most out of the boys. So a kid can go out there and give a maximum performance. That is one thing I have been battling for—a reasonable order of events in our dual meets.

MR. HAMILTON: Dont' you think it is a good time to get the dual meet schedule synchronized throughout the nation? I have come to the conclusion that the present NCAA dual meet schedule and order of events is the best I have ever seen. When I first went to the Pacific Coast we had a different order out there. We agreed on the NCAA rules and have followed them ever since. I don't see any reason why we can't get these things unified throughout the country.

MR. HOYT: We had our joint Track Coaches meeting in Detroit at Christmas and there is one thing I hope may develop from that meeting, and that is to get one set of rules. We don't need IC4A rules and NCAA rules. I would like to settle everything under the same rules—the same as in Football and Basketball. I think it would be better for the boys. Their field events in the East are run different, you know. They pair their men. We have tried this in the NCAA. I would like to see somebody start the ball moving here to get unity in our track rules and in the order of events.

MR. HAMILTON: I suggest that the President get together with a committee from the AAU and see if we can't work out a plan. We may have to give something. For example, we have four trials in the preliminaries and three in the finals, which doesn't coincide with the International Rules. I think we can work this thing out and have it universal throughout the country.

PRESIDENT HUTSELL: My year in office will terminate in just a few minutes and I certainly hope my successor will see what can be done about it. I can see what Chuck Hoyt has been up against, because I have had the same thing myself.

Gentlemen, I know we have all enjoyed this open discussion. We have a short business meeting that we must conduct. Thank you, gentlemen, for coming up here.

BUSINESS MEETING

PRESIDENT HUTSELL: In opening the business meeting, is there any old business that needs to be taken care of?

MR. HAMILTON: Mr. Chairman, I was appointed on the Nicholson Memorial Trophy Committee and I had the figures worked out on the Trophy and had it all set, but the man who was going to do it for us was called into the service, and I am still trying to get it done. I have plans all worked out and will eventually get to it. Tom Jones could tell you more about that, but Tom is not here.

PRESIDENT HUTSELL: Thank you, Brutus. Is there any other old business that needs to be brought up and discussed? Any new business? No new business. I'll call on the Secretary-Treasurer for his annual brief report. (Here followed the report of the Secretary-Treasurer).

PRESIDENT HUTSELL: Thank you, Mr. Secretary. If you gentlemen have time before you leave here, I am sure the Treasurer will welcome your paying next year's dues. That is the fuel that makes the Association go, and we don't expect any rationing on that immediately. Is the nominating committee ready to report?

MR. SCHLADEMNN: I wish to report for the Nominating Committee the following: For the Advisory Committee we have nominated with three years to serve, George Rider, Miami University and Ken Doherty, Michigan; with two years to serve, Ed Weir, Nebraska, and Garfield Weede, Kansas State Teachers' College; with one year to serve Dean B. Cromwell, Southern California, and Ralph Higgins, Oklahoma A. & M. For executive officers, as Secretary-Treasurer, the committee felt that even though Pitch said, "It's about time for a new secretary," that inasmuch as this might be the last meeting for the duration, we have re-nominated Franklin P. Johnson for Secretary-Treasurer. He is from Stanford Universtiy. Mr. Frank Potts of Colorado University, as Vice-President; and Mr. Carl Olson, University of Pittsburgh, for President.

PRESIDENT HUTSELL: You have heard the report of the Nominating Committee. Are there any nominations that you wish to make from the floor? (None). There is a motion that this list of officers be elected. All in favor signify by saying, "Aye." Opposed? The list just read is the new official body for next year. (New officers take seats at the table).

PRESIDENT OLSON: Thank you for electing me to this office. I certainly appreciate it. I know I have an awful job to keep up with the job that Wilbur Hutsell has done this past year, also Snyder and others of you who have been presidents of this organization in the past. As far as I am concerned the slogan for this year will be as suggested a little while ago and that is "Unity." If we had unity in Track, I think it would do more for Track than anything I know. Another thing is the idea of the Membership Committee, to do what we can to get as many members as possible into this organization. I have studied the work of the organization and also know from the long list of names of good coaches that we have the best organization of its kind in the country. I think this truly represents Track in the United States. Pitch Johnson is going to do the work and take care of the program that we have ahead of us. Again I want to thank you for electing me and I will do the best I can to put over Track.

MR. SCHLADEMAN: Mr. President, before we get away from here, you heard what was said about the order of events and we know what we are going to be up against, and I suggest you appoint here and now before the conclusion of this meeting, a committee from this group to attend the joint Track Coaches' meeting, if and when we have that meeting in New York.

MR. OLSON: All right, I'll do the appointing now. I'll appoint Mr. Hoyt, as long as he is in the middle of things in the East, as one member of the committee and also as chairman. Mr. Karl Schlademan and Mike Ryan as the other members. These three men will serve and act as a committee for the N.C.T.C.A. order of events.

Any other business to be taken care of?

(Here followed a discussion on the membership of the Association. No action taken).

The meeting was adjourned at 4:50 p. m.

College Track Coaches in the Service

(Known list, January 1, 1943, with last known addresses.)
(The Association Secretary will appreciate advice concerning any changes in or additions to this list which should be made.)

BARNARD, CHESTER S. (Kalamazoo College) Lt., Navy Training School, Dearborn, Michigan

BASKIN, WEEMS (Mississippi) Lt., U.S.N.R.

BERRY, ROBERT (East Texas Teachers) Lt., U.S.N.R., Hensley Field, Dallas, Texas

BRUNSON, EMMETT (Rice) Lt., U.S.N.R., Pre-Flight School, St. Mary's, California

DECKARD, TOMMY (Assistant, Indiana) U.S.N.R. Pre-Flight School, Iowa City, Iowa

EPPLEY, GEARY (Maryland) Major, U.S. Army, Fort Meade, Maryland

GEIGENGACK, ROBERT (Fordam) Lt. (JG) U.S.N.R. Pre-Flight School, Iowa City, Iowa

GRIEVE, ROBERT (Assistant, Penn State) Ensign, U.S.N.R. Pre-Flight School, Iowa City, Iowa

HAMILTON, BRUTUS (California) Captain, U.S.A.A. Corps, Miami, Florida

LODGE, HILMER (Santa Maria Junior College) Lt., U.S.A.A. Corps, Santa Ana, California

MAHONEY, WM. P. (Notre Dame) Lt. U.S.N.R.

MORRISS, JOHN (Assistant, North Carolina) Lt., U.S.N.R. Pre-Flight School, Chapel Hill, N. C.

NEUFELD, WILLIAM (Assistant, Harvard) Lt. (JG) U.S.N.R. Pre-Flight School, Chapel Hill, North Carolina

NOYES, E. H. (Assistant, Dartmouth) Lt. (JG) U.S.N.R. Pre-Flight School, Iowa City, Iowa

OLSON, CARL (Pittsburgh) Lt. Commander U.S.N.R. Headquarters, First Naval District, Boston, Massachusetts

OTTERNESS, GEORGE (Assistant, Minnesota) Lt. (JG) U.S.N.R. Pre-Flight School, Iowa City, Iowa

SIMPSON, ROBERT I., U. S. Army

SNYDER, LARRY (Ohio State) Lt. Commander U.S.N.R. Pre-Flight School, Iowa City, Iowa

SPORTSMAN, C. C. (North Texas Teachers) Lt. U.S.N.R. Pre-Flight School, Athens, Georgia

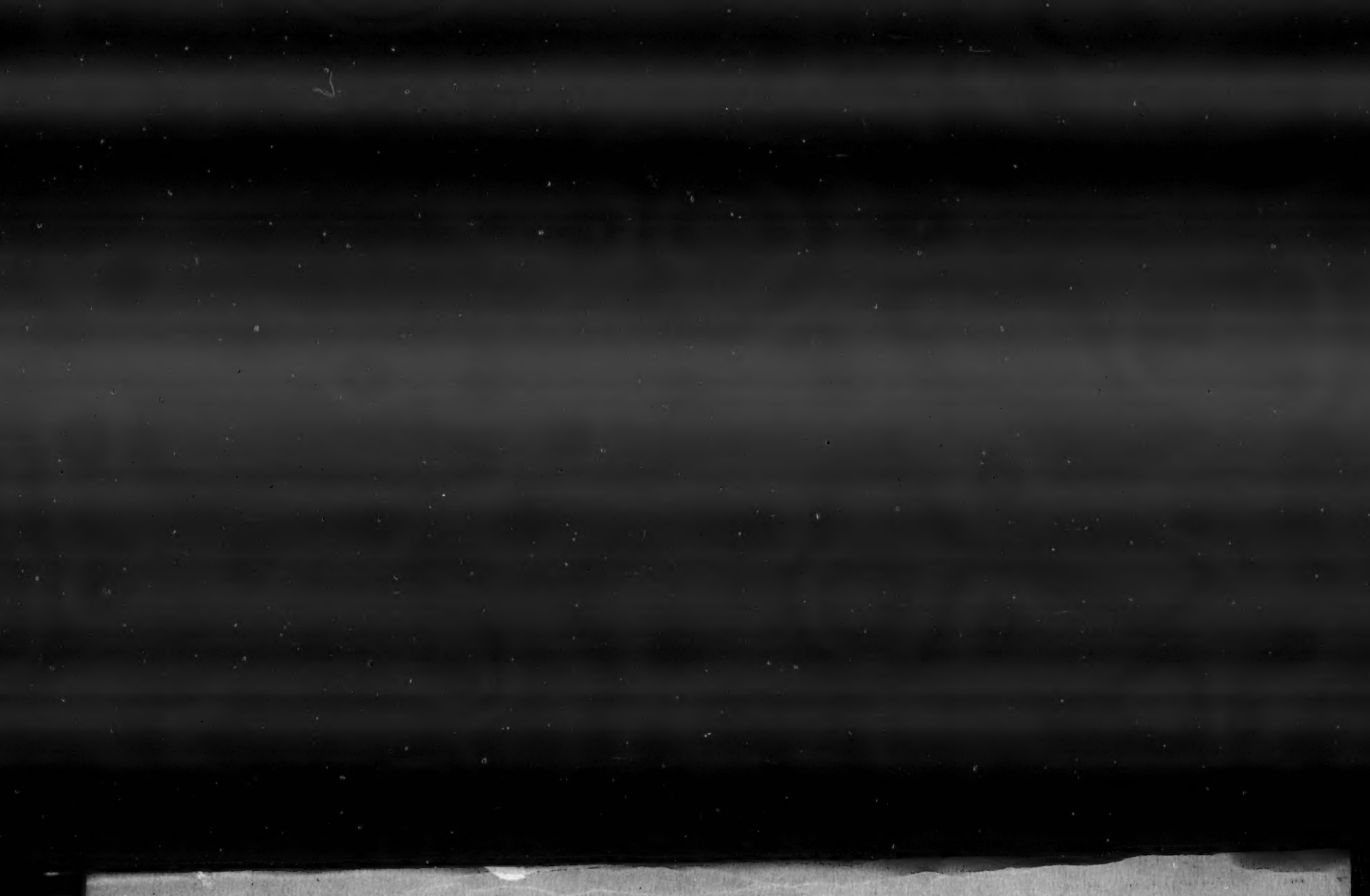
SWENSON, W. T. (Assistant, Iowa) Lt. U.S.N.R. Pre-Flight School, Iowa City, Iowa

TOWNS, FORREST (Georgia) Lt., U.S. Army

TRUTT, MEL (Assistant, Indiana) U.S.A.A. Corps

WALTER, C. RUSSELL (Assistant, Northwestern) Lt. U.S.N.R. Pre-Flight School, Iowa City, Ia.

WEIERSHAUSER, JACK (Washington State) Lt. (JG) U.S.N.R. Pre-Flight School, St. Mary's, California

WERNER, CHARLES (Penn State) Lt. U.S.N.R.

NEWS PRINT SHOP, 548 COLLEGE AVENUE, PALO ALTO